

The SAGE

The Newsletter of SAGE of South Florida

February 2023

♥ Happy Valentines Day ♥

It's the month of February, which means it's time for SAGE of South Florida to celebrate Valentine's Day. We've planned a lovely luncheon at the elegant Café Vico, on Sunday, February 12, 2023. Enjoy cocktails and conversation at the sophisticated, modern bar from 12:00 - 1:00PM, followed by a delicious meal at 1:00PM. This event is for everyone, not just couples. Reservations close 1:00PM Wednesday, February 8th. See the enclosed flyer for more information. Join us!



Women 's Lunch Returns!

After a long hiatus, we are pleased to announce that the monthly Women's Lunch, hosted by Kathy Macchio, has returned as a monthly SAGE activity. This past January 11th, twelve participants enjoyed an afternoon of dining and socializing at **Chow Time Grill and Buffet** on Commercial Boulevard, Tamarac. (See Page 5 for photos of this event.) Check your email for details about the February lunch event. SAGE women, here's your opportunity to meet or reconnect!

SAGE is Looking for a Few Good Men ...and WOMEN!

We are seeking members to serve on the SAGE Board of Directors. We're looking for individuals who are enthusiastic about SAGE of South Florida and its many programs, and are willing to donate a little bit of their time and a lot of their talents. The Board meets the first Saturday morning of the month.

If you would like to serve and contribute to the continued successful operation of SAGE, please send a brief resume, on or before **February 15th, 2023**, to:

Ken Goodman, Secretary
SAGE of South Florida
PO Box 75016
Oakland Park, FL 33307

SAGE BIRTHDAYS FOR THIS MONTH

The SAGE Board would like to acknowledge the following members whose birthdays are this month as well as any other member whose birthday that we don't have.
If, when you renewed your membership or became a new member you did not give us your birthday, you may call the office and leave the information at 954.634.7219 or e-mail us @ sagesofl@gmail.com.

First Name	Last Name	Birthday	First Name	Last Name	Birthday
ROBERT	HOOKER	Feb-04	MARK	BARRON	Feb-20
LARRY	ELYWYN	Feb-07	DENNIS	ELLIOT	Feb-20
DICK	RANDALL	Feb-08	MARILYN	LAMKAY	Feb-21
LEE	LAWSON	Feb-10	GERALD	KENNEDY	Feb-22
JERRY	MCDONALD	Feb-10	MICHAEL	VIGNALI	Feb-23
EDWARD	SLOUGH	Feb-11	JOE	YATES	Feb-24
ELLEN	KOTLER	Feb-14	JIM	AMON	Feb-25
JOEL	TENDLER	Feb-15	MARTIN	FALZACK	Feb-25
GEORGE	ISOM	Feb-17	JOHN	FREDRICKSEN	Feb-25
JIM	HOPKINS	Feb-18	TOM	SYLVIA	Feb-25
GARY	KEMPLER	Feb-18	JOAN	FRIMMER	Feb-27
LOK	YONG	Feb-18	PAUL	KAPNIS	Feb-28

5 Year Anniversaries

JOHN BOLTON

10 Year Anniversaries

MARK BARRON, BRUCE BOLTON, JOEL RUBIN

20 Year Anniversaries

CHARLES SCARCELLA

New Members

JAKE GUIN

If you have had an anniversary with SAGE for either 5, 10, 15 or 20 years and you have not received your pin, please call the SAGE office (954.634.7219) to pick it up.

SAGE OF SOUTH FLORIDA

OFFICERS

President: Patrick S. Vida
Vice President: Carl Barton
Secretary: Ken Goodman
Assistant Secretary: Michael Vita
Treasurer: Allen Churchman

BOARD MEMBERS AT LARGE

Jefy Gaines
 Lee Lawson
 Marilyn Lamkay
 Kathy Macchio
 Paul McNamara
 Sal Orlando
 Lisa Peters

VOLUNTEERS

Jean Arthurton
 Hank Brooks
 Frank Cavanaugh
 Philip Collier
 Marc Flanagan
 Michael Gagne
 Gene Majka
 Sonny Miller
 Ken Moore
 Frank Piasecki
 Ron Wudarsky

Lifetime Members

BOB ADAMS – ROBERT J BOZEK – GEORGE CASTRATARO – DONALD CURIALE – MATT FARBER – JODI A FISCHER – MARC FLANAGAN
 MICHAEL GAGNE – JEFY GAINES – JOHN GAMBINO – RICHARD GILMER – KENNETH GOODMAN – JUDITH HARTSHORN
 JACKSON HAVERLY – RICHARD E HERMAN – MD HUSSAIN – JEAN JOHNSON – MARILYN LAMKAY – TOMMASO LEPORE – PATTI LYNN
 KATHY MACCHIO – PAUL MCNAMARA – DAVID MURPHY – SAL ORLANDO – BRETT PEELER – HUGH RANCE – CLAYTON RANEY
 GARY RESNICK – WILSON SABA – WAYNE SCHREBE – RICHARD SCHWARZ – ANN SMITH – ALLEN SPIESS – ALAN R SUTHERLAND
 HOWARD TERRY – STEVE THAYER – TONY TSAGRIS – RAQUEL C WHITE – NORMA WINGO – JOSEPH YATES

SAGE MISSION STATEMENT: SAGE of South Florida (Senior Action in a Gay Environment) is a non-profit organization which seeks to enrich the lives of the GLBT senior community through membership inclusive of age, gender, race, nationality, and religion. We believe this can be accomplished by sponsoring social alternatives, by providing personal interaction, by offering educational opportunities to deal with the special needs of aging, and by promoting contact with the isolated and home-bound persons of our community. SAGE was founded in 1994 as a Florida "not for profit" corporation (Federal Tax-Exempt Status of 501 (c) 3, allowing tax-deductible donations.

SAGE EDITORIAL POLICY : SAGE welcomes contributors to the newsletter. An author may request their entry be "anonymous". However, the submission, as received by SAGE, must be accompanied by the full name and address of the author. Items will be published at our discretion, and such publication does not constitute endorsement by SAGE of South Florida. If we feel that we cannot publish a submission anonymously, we will contact the author. We reserve the right to edit articles for length, clarity, or standards of decency. We do not accept paid ads in the newsletter.

Email to Editor: sagesofl@gmail.com
 Attn: Editor

Website: www.sagewebsite.org
Facebook: www.facebook.com/SageOfSouthFloridaInc

Mailing Address: SAGE of South Florida
 PO Box 70516
 Oakland Park, FL 33307



THE ROUND TABLE

Paul McNamara

This Co-Ed group, sponsored jointly with The Fort Lauderdale Prime Gentlemen, is **meeting live in Room 206 of the Pride Center and simultaneously online using the Zoom platform** to discuss contemporary topics and ideas from **2:30-3:30pm** on the **second and fourth Monday of each month**. Sessions have a moderator who presents a brief background on the discussion topic chosen for the session.

The topic scheduled for **February 13th** is **A Historical Comparison of New York's World's Fairs (1853, 1939, and 1964)** presented by **Ed Witkowski**: *In 1962, at 14, Ed became aware of the Seattle World's Fair while simultaneously observing the construction of the 1964 New York World's Fair. These events spurred an interest, eventually leading him to collect over 10,000 World's Fair items, from London 1851 to Dubai 2020. Ed will display some of this memorabilia and compare how the three New York World's Fairs influenced U.S. and world culture with new products, innovations, and ideas.* The topic scheduled for **February 27th** is **Affirming Homosexuality** presented by **Richard Carrazza**: *Are there health benefits to having sex? Have societal norms influenced your thoughts, desires, and sexual behaviors? Has your sexuality changed over time? Richard will lead a directed conversation where the wealth and richness of same-gender-loving men can be affirmed and appreciated. Participants will be encouraged to suggest issues and questions for discussion, to reflect upon their sexual activities, and to share as desired.*



SAGE ON THE BORDER/ ALTERNATIVES (SOBA)

Frank Piasecki & Jean Arthurton



This Co-Ed discussion group meets **LIVE and IN PERSON** every Monday at 11:00am at the Volen Center, 1515 W. Palmetto Park Road, Boca Raton, subject to COVID safety precautions and requirements. **THOSE UNABLE TO ATTEND IN PERSON CAN PARTICIPATE REMOTELY VIA THE ZOOM VIDEO CONFERENCING PLATFORM ON THE 2nd AND 4th MONDAY ONLY.** If you don't have access to video-conferencing devices, you can participate by calling in to the meeting on your cell phone. Watch your email for the weekly eblast announcement. Everyone is welcome.

NOTES FROM THE MEN'S DROP-IN



Carl Barton & Jefy Gaines



February is the month of love and Valentines. The month is mostly in an Aquarius Sun, ergo: There's a lot of creativity, free-spirited thinking (my specialty) with innovation, a progressive, rebellious, and humanitarian mindset, plus a funky sensibility and sensitivity requiring appreciation, support, and love. Have a happy Valentine's Day! SAGE/Prime Gentlemen Men's Drop-In meets every **Wednesday, 1:00pm to 2:00pm**, and it's a hybrid meeting: In person at the Pride Center, Wilton Manors, and also via Zoom. We follow CDC and WHO guidelines regarding in-person meetings. We are joined by Prime Gentlemen and friends locally and from around the country and around the world via Zoom. All are welcome. Captain Carl and I, Jefy, are your hosts. Doors open at 12:45 pm for a little extra "schmoozing." We officially start at 1:00pm, first with announcements and then we share whatever is on our minds – activities, family stories, theatre, movies, restaurants, vacations, and current events. It's all in good fun and sometimes it does get serious. We are here to support each other. SAGE of South Florida President Patrick brings his fabulous homemade treats to share. We close with sharing some jokes. Patrick joins me for a little comical repartee just like the old days. And, we have some budding humorists in our midst. Anyone can contribute a joke or four. Full disclosure: Sometimes the jokes are not that funny and audience moaning is acceptable, but since it's always good-hearted fun we give our jokesters an "A" for effort. Any questions can be emailed to Jefy at jefgain@aol.com, write "SAGE of South Florida" in the subject line. We do love a good laugh when it happens, so come join us on Zoom or in person!

SAGE CO-ED DROP-IN

Michael Gagne & Kathy Macchio



Ladies of SAGE, may we have your **ATTENTION PLEASE!** Come to the Co-Ed Drop-In. Kathy and Michael are your hosts, every **Thursday at 3:00pm. Join the fun on Zoom!** It's all user-generated content – Participants bring topics, stories, and concerns to share or discuss. Check us out. Schmooze, kibitz, see some of your old friends and make some new ones. Check your emails from SAGE for the weekly announcement and link to the meeting. All (including men) are welcome!

SAGE Holiday Party at Embassy Suites Hotel



SAGE Women's Lunch at Chow Time Grill & Buffet



SAGE Lunch & Learn at the Skolnick Center



SAGE Night Out at Tropics Grill



For up-to-date news and information about SAGE, follow us on Facebook: [SAGE of South Florida, Inc.](#)

View more photos by visiting the Photo Gallery at our Website: www.sagesofl.org

SOCIAL LITES

Sal Orlando



Now that the holiday season is over, we can enjoy this delightful Florida winter weather. It kind of makes up for the hot, sticky months during the summer. What a wonderful January we had. On the 22nd we had our Annual Milestone Birthday Celebration at The Pride Center. Catered by our wonderful Chef Domenic, former owner of Caruso's Restaurant. What a treat, with scrumptious food, great entertainment, and a beautifully decorated room. A good time was had by all.

This month we go to Café Vico for our Annual Valentine's Day event on **February 12th at 12 PM** for cocktails and mingling at their gorgeous bar, followed by a delicious meal at **1 PM**. Get your reservations in early so you don't miss out.

Save The Date: Sunday, March 26th, SAGE's Annual Meeting to be held at Tropical Acres on Griffin Road.

As you all know, member pricing for our events is partially subsidized by SAGE, and will continue to do so. But, in lieu of the current out-of-control inflation, venues are forced to raise their prices considerably, some as much as one-third more. Therefore, member pricing will go up for our events to reflect such changes. As always, it's not fair to our members that nonmembers should be partially subsidized also. Therefore, nonmember pricing will reflect the total cost paid to the venue by SAGE, plus entertainment and other expenses, if any, for each event.

Please Note: There is a reason for **SAGE** to have a reservation cutoff date and time for each event. Therefore, no reservations will be accepted after such time.

Also, for those of you who would like to sit together at one of our events, please arrive early and at the same time, or wait for one another before checking in, so your party will be able to sit at the same table.

As always, for ongoing activities, consult your **SAGE** Calendar for meeting times and places.

Ciao for now!

happy
Valentine's
day

SAGE BOOK DISCUSSION GROUP



Robert Ferro's novel – *The Blue Star* - begins in Florence, Italy, with the main character, Peter, staying at a pensione. He is there to write but gets sidelined when he meets and becomes involved with a new boarder named Chase. Over the next 20 years their paths diverge and reconverge. Chase marries into

the Italian aristocracy and Peter pursues his passion for Lorenzo, a beautiful young Florentine. As the story of the two men unfolds in Florence and New York an unimagined and startling connection with the past is exposed taking them finally on a fateful cruise up the Nile aboard the luxury yacht the Blue Star.

An odd yet intriguing book: Initially a rather romantic look at chic gay life at the end of the disco-and-cocaine era, one suddenly finds oneself in the midst of an Umberto Eco story – a well-researched, well-crafted, almost-conspiracy tale about Frederick Law Olmstead, the Freemasons, and the building of Central Park. Unexpected, and surprisingly delightful.

Please consider joining the SAGE Book Club in a discussion of the book on **Saturday, February 11, 2023, at the Stonewall Library, 1300 E. Sunrise Blvd., Ft. Lauderdale from 11 AM to 12 noon** – no reservation is required.

SAGE NIGHT OUT

Ed Slough



Join us on **WEDNESDAY, FEBRUARY 22nd**, when SAGE is having an informal dinner at Tropics Grille, 2000 Wilton Drive, Wilton Manors. Drinks and cocktails will be from 5:30pm to 6:30pm, with "Happy Hour" prices at the bar, and dinner at 6:30pm. Tropics has offered SAGE all dinners at half-price (no longer 2-for-1) to make the evening simpler for you. This is an event for friends to get together and celebrate the ability to socialize in person once again. It should be a good time for all. Please email me to let me know if you plan to attend so I can give Tropics a heads-up. My email is: wildhybrid@aol.com. Thanks!



Friendly Visitor Program



We refuse to be invisible

SAGE USA is collaborating with Sunshine Cathedral to establish a Friendly visitor program for LGBTQ+ older adults. The program links a volunteer with an LGBTQ+ older adult who would benefit from additional meaningful connections in their lives. The volunteer visits the participant weekly for 1-2 hours and speaks to the participant by phone between visits. If you or someone you know is interested in volunteering, participating, or seeking more information, contact **Mitchell Zahn, Program Coordinator**, at **646.568.9354** or by email at mzahn@sageusa.org.

FRIENDLY SUPPORT PROGRAM

We'd like to think we are not merely fair-weather friends, but people who really care about our SAGE family. If you know of any SAGE member who is sick, in the hospital, or would appreciate a friendly call or a note of cheer, please contact:

Michael Vita – 786.586.4286

SAGE MEMBERS IN NEED

If you are a Senior, or a Care Giver, who needs information or referral services regarding assistance with Activities of Daily Living, please contact the ADRC (Aging and Disability Resource Center), part of the Area Agency on Aging:

In Broward County – 954.745.9779

Website: adrcbroward.org

In Palm Beach County – 561.684.5885

Website: aaapbtc.org

BEREAVEMENT GROUP

After the funeral, grieving gets intense and lonely. Free LGBT Bereavement Group helps to manage the waves and tsunamis of grief. For days, time, and location contact:

Rev. Dr. Anne Atwell – 954.462.2004x208

Anne@sunshinecathedral.net

SAGE EMERGENCY FUND

The SAGE Emergency Fund was established to assist LGBTQ Seniors (55 years or older) who have experienced unexpected financial hardship. Households with incomes below the federal poverty level are eligible to apply for a one-time grant (up to \$1,000.00) of financial assistance for medical needs, rent/mortgage payment, utility charges, or transportation costs. The Fund is administered by the SunServe Senior Services Department. For more information, contact **SunServe at 954.764.5150**.

SAGE LUNCH & LEARN

Lunch and Learn is held the **first Saturday of the month, 12:30pm**, at the Herb Skolnick Community Center. **RESERVATIONS ARE REQUIRED. Please see the enclosed flyer for more information.**





SAGE Health Tips

Gene Majka, APRN

Welcome. If you have a topic, comment or questions, please send an email to sagesofl@gmail.com.

Abuse

Elder abuse occurs with about five million aged 60+ adults each year with a cost of \$35.6 billion dollars. This type of abuse can occur to any gender, race, religion, sexual orientation, or ethnic or cultural background. It can occur in one's home, a family member's house, an assisted living center or in a nursing home.



Types of elder abuse

- **Physical abuse.** Someone causes bodily harm such as hitting, pushing, or slapping. This includes restraining to a bed or furniture or locking in a room.
- **Emotional abuse (psychological abuse).** Swearing, yelling, threatening, repeatedly ignoring requests, and not allowing friends or relatives to visit.
- **Neglect.** The elder does not receive their required physical, emotional, or social needs. Also, it is the withholding of food, medications or access to health care.
- **Abandonment.** The elder is left alone without planning for their care.
- **Sexual Abuse.** Caregiver forcing an elder to watch or be part of sexual acts.
- **Financial Abuse.** The elder's money or belongings are stolen. Also, check forging, and unauthorized use of an elder's retirement or Social Security benefits. This includes changing names on wills, bank accounts, life insurance beneficiaries, and other personal documents without permission.

Signs and Symptoms

Physical abuse. Bruises, pressure marks, bedsores, abrasions, cuts, scars, poor hygiene and unkempt appearance, unusual weight loss, burns, and broken bones.

Emotional abuse. Withdrawal, agitation, suddenly violent, stopped activities of enjoyment, trouble sleeping, depression, changes in alertness, strained, tense or argumentative relationships.

Financial Abuse. Unpaid bills, collection or eviction notices.

Susceptibility

Elders who are socially isolated and have mental impairment, such as dementia or Alzheimer's disease, are two major factors for susceptibility to abuse. Research has shown that half of those with dementia experience abuse or neglect.

Caregivers

Caregivers of mentally impaired elders have a very tough job. It is a 24-hour responsibility added to the personal responsibilities for their own family. As a nurse, it was difficult to care for these patients but we had 24-hour sitters so patients would not have fall injuries. Many caregivers cannot afford to have sitters at a cost of over \$100 per day. The Alzheimer Association has groups that allow caregivers to vent and learn how to care for themselves and for their family or friends.

Support

If you suspect an elder is being abused, you may call the Eldercare Locator at 1-800-677-1116, Monday-Friday 9AM to 8PM Eastern time. They will locate resources in your community for assistance.

Our LGBTQ senior community has a greater percentage than the straight community of elders dependent on others for care. We do not have children or many family members to assist us when we need help. We see in our everyday lives the slogan "If you see something, say something." We must care for each other. Observe and assess.

References and Resources

Elder Abuse: <https://www.nia.nih.gov/health/elder-abuse>

How do I report elder abuse or abuse of an older person or senior?: <https://www.hhs.gov/answers/programs-for-families-and-children/how-do-i-report-elder-abuse/index.html>

Fast Facts: Preventing Elder Abuse: <https://www.cdc.gov/violenceprevention/elderabuse/fastfact.html>

Get the Facts on Elder Abuse: <https://www.ncoa.org/article/get-the-facts-on-elder-abuse>

SAGE cares because YOU care about your health.

Please always seek advice from your physician/nurse practitioner (HP's).



SAGE of South Florida

Lunch & Learn

February 4th, 2023, at 12:30pm

**HERB SKOLNICK COMMUNITY CENTER
800 SW 36TH AVENUE, POMPANO BEACH, FL**

RESERVATIONS REQUIRED

MEMBERS - \$17.00 GUESTS - \$22.00

**EVERYONE PAYS AT THE DOOR
DOORS OPEN AT 12:15PM**

***Reservations MUST be made by 12:30PM on THURSDAY, February 2nd, 2023,
BY SENDING AN EMAIL TO: sagesofl@gmail.com OR BY CALLING: 954.634.7219***

The speaker will be Robert Kesten, the new Director of the Stonewall National Museum & Archives.

If you arrive early, make yourself comfortable in the lobby and meet with other SAGE members and guests.

February Menu

Garlic Rolls

Tossed Salad

Penne Primavera

Chicken Marsala

Fruit

Cannoli

Catered by:



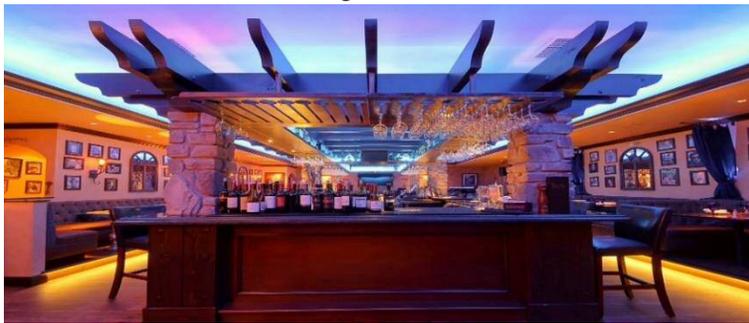
SAGE Valentine Celebration



1125 North Federal Highway Ft. Lauderdale 33304 (954-565-9681)

Sunday February 12, 2023 at 12:00pm

Enjoy Cocktails (Cash Bar) and Conversation at their Gorgeous Modern Bar, Followed by a Delicious Meal at 1:00pm



MENU

First Course

House Salad with Meatballs served Family Style

ENTRÉE - (Choice of One)

Chicken Marsala served over pasta

Fish Limone served over pasta

Lasagna

DESSERT - (Choice of One)

Tiramisu or Fresh Fruit Cup

Coffee, Tea or Iced Tea included with your meal (At Table Only)

PRICING: \$33 @ Members & \$38 @ Non-members

(Member Pricing partially subsidized by SAGE)

Reservations Close 1pm Wednesday, February 8, 2023

SAGE Valentine Luncheon at Café Vico, Ft. Lauderdale - No Refunds

_____ **Members @ \$33 & _____ Non-Members @ \$38 - Phone Number _____**

Name: _____ Entrée _____

Name: _____ Entrée _____

Name: _____ Entrée _____

Mail with Payment to SAGE at: P.O. BOX 70516, Oakland Park, FL 33307

To Reserve by Credit Card call the SAGE Message Line at (954) 634-7219 - A SAGE-Sponsored Activity

THE SAGE / PRIME GENTLEMEN MONTHLY MOVIE



Based on **Michael Ausiello's** best-selling memoir, *Spoiler Alert: The Hero Dies*, the film is a heartwarming, funny, and life-affirming story of how Michael and Kit's relationship is transformed and deepened when one of them falls ill with terminal cancer.

It sounds like a really heavy, sad story, and it is, but there's so much fun and joy...it's about life and the messiness of love. A tender, inspiring story. Michael and Kit's all-too-short romance is a touching, funny, and frankly humane look at love and life.

While tears are inevitable (bring Kleenex), there is something about the ending that suggests all is right in the world. That's a rare conclusion to reach with an end-of-life drama, but this one finds its sweet spot.

FRIDAY, FEBRUARY 17TH
1:30PM @ THE PRIDE CENTER
FREE POPCORN AND SODAS

Join
SAGE of South Florida
on
Sunday, February 19, 2023 at 5:00pm
for a performance of

COCK

a play by MIKE BARTLETT



Feb 3rd thru Feb 26th 2023

954.678.1496

empirestage.com

Empire Stage | 1140 N. Flagler Dr. | Ft. Lauderdale | 33304

THE STORY: *John has been in a stable relationship with his boyfriend for a number of years. But when he takes a break, he accidentally falls in love with a woman. Torn between the two, filled with guilt and conflicting emotions, he doesn't know which way to turn. His boyfriend is willing to wait for him to make a decision, but so is his girlfriend. And both are prepared to fight to keep him. As the pressure mounts, a dinner with both parties is arranged and everyone wants to know: Who is John? What is he? And what will his decision be?*



Empire Stage Theater
1140 North Flagler Avenue
Fort Lauderdale, FL 33304

TICKETS: \$20.00



CALL 954.634.7219 BY THURSDAY, FEBRUARY 16, 2023 TO PURCHASE TICKETS.